

Guillermou

In our society cynicism has become a routine political tool that is transmitted to a society, where ethical principles are in crisis. Cynicism supposes a much more serious behavior than the lie itself and much more socially harmful, because it has evolved to become a political instrument of daily use and of a high profitability for rulers and corporations of power. Its own definition accredits it "Attitude of the person who lies with impudence and defends or practices in a shameless, immodest and dishonest manner something that deserves general disapproval. "

A quote by Jean Francois Revel, extracted from his book "Knowledge useless", in which the philosopher affirmed with great success that "in totalitarian systems, lies are not only one of the weapons of political power or corporate interests , but upholsters and quilts life in its entirety. It is the varnish that shows the inability to govern society. In this type of regime, lying is not just an intermittent scheme, it is the permanent affirmation of the opposite of what everyone can verify. "

Cynicism, hypocrisy and lying are not honest or valid instruments for power. This is why it is so important for citizens to detect well and in time the degree of cynicism, hypocrisy or deception of political discourses and instruments of power, which seek to perpetuate false beliefs that destroy people and the planet, and fill the world of false beliefs, which are contrary to the ethical values and responsibility of people in this society.

Posted On 02/10/2018

casandra2

Gillermou you are so right. As i was listening to the tape about liars i straight away thought of all the politicians. At least most of them. It is a pity that the majority of people just don't think about what they are listening to. The ones i call THE UNTOUCHABLES are educated in the art of talking without saying much,They lie and promise without being responsible of their promises as once they got elected it was then all forgotten .

Posted On 02/10/2018

CourageousLion

How do you tell if a politician is lying? That's easy. Whenever their lips are moving. Politicians have one goal in life...a nice easy cushy "job" living off the life energy of those around them. Most likely I'm not going to see freedom in my lifetime because the average person in society is mesmerized by their siren songs to the basic problem with humanity. Laziness. People aren't going to pay or do anything that they can get someone else to do for them even if it means utilizing force that isn't theirs to use themselves. Ask most people WHY they would be willing to go to war and the first thing out of their mouth is a blatant lie. I see her techniques as useful, but frankly they are also fallible. Many people, myself included can't stand being accused of something that we did not do. So an aggressive response from me could be expected. How would she know? Seriously, until people can actually read minds...this is nonsense.

Posted On 02/10/2018

sifu990

imo social niceities, business, and cultural affects program all to lies, of deception, of intention, and so on. Hiding/cleaning up death for example. Or corporation/ govt/ feeing us mis info ie lies about their product/intent. Harping on 'selling points' to degree of missing info. And then there is the people. like cia and so on, who 'detect lies;. And get a cop attitude and trust no one. What a mess. Where is the line between social ourtesy,/functioning well, + being honest. or brutally honest even. When your focus is on not causin pain, its a 'white lie' and that is good, correct? Maybe on focus on your own goals, or on smooth sailing. Or on the other participants comfort. A big bag of worms. This statement has not been checked for accuracy, heh heh.

Posted On 02/10/2018

Darzoum

Good points Guillermou--it's hard to imagine anyone reading this article and not immediately thinking about leaders/politicians. Study the debates for example, and see "not answering the question" taken to a high art. For that reason, the lies can be spotted even on the radio, i.e. without the visual cues. Since these people can often deliver their lies with such conviction--clear, strong voice, no fidgeting, etc--that indicates to me that the first person they must be lying to is themselves.

Posted On 02/10/2018

Norisnita

Guillermou, your last paragraph" Cynicism, hypocrisy, and lying are not honest or valid instruments for power. This is why it is so important for citizens to detect well and in time the degree of cynicism, hypocrisy or deception of political discourses and instruments of power, which seek to perpetuate false beliefs that destroy people and the planet, and fill the world of false beliefs, which are contrary to the ethical values and responsibility of people in this society."

Yes , without doubt, cynism, hypocrisy, and lying not only are dishonest instruments used by politicians, these negative values we find in every common people, like you or me. They are negative behaviors that require personal effort to eradicate from each of us because they are not only socially harmful to the society but also to our more close circle: family, friends, and coworkers. we must learn and put in practice all good things stated by philosophers.

Posted On 02/10/2018

Luvvvy

Hi everyone! Great topic/article, I appreciate that education on all levels is a good thing. Being AWARE of such energy, is always beneficial, if only to protect yourself from potential damage caused by the falsehood. Lying is one of those things that people do, as beings born with an Ego - it's part of our makeup. Truthfully I can be a liar, and so can everyone I know, to some measure as I have seen. I think that the degree to which people lie about their reality, is related to how conscious they are. Anyone who is highly conscious, will not lie as it is a low frequency act, that actually hurts the body and mind. Awareness of this aspect of humanity makes it easier for me to forgive my and others' lies, and heal the wounds that they create. richhabits.net/studies-show-habitually-lying-causes-health-problems/

Posted On 02/10/2018

otis101

Gui, I would think that cynicism comes from people not in power/politics because the people in power are hypocrites and tell lies. Somewhere in my travels I learned that cynical people are cynical because they recognize the truth and know when politicians and managers are lying.

www.thoughtco.com/on-being-cynical-2670600

Posted On 02/10/2018

Guillermou

CASANDRA. You said it, cynicism is the continuous message of politicians, but they no longer convince anyone, because they lie to people to get power, which will allow them to manipulate the destiny of people.

COURAGEOUSLION. You express yourself acutely. Bad politicians seek to capitalize on their hypocrisy, while serving the tactical powers that led them to govern. Hopefully at least honest people, get out of their hypnotism and be responsible to society.

RANDY. Good psychology and very realistic, their open mouths betray the politicians, There is a very appropriate phrase "by the mouth dies the fish".

SIFU. You have perfectly described the programming of the lie. I remain with your positive approach of honesty and empathy for other people, who deserve our affection.

DARZOOM. Thank you very much. Indeed, politicians are always thinking about the strategy of presenting hidden lies, in a deceptive and perverse diplomacy, and as you say, in the end they even believe what they are saying, because it suits them. Surely politicians do not deceive you,

NORISNITA. Good philosophy, all our personal effort, to get the people we love, feel comfortable with our expressions of empathy, above all sincerity, and believe in people of good will.

LUVVY. Great and precise words in your publication, in fact, we all have an Ego, but our conscience must dominate it, as long as people have a big heart, principles and ethics like you have. A great link

OTIS. They say that being cynical is lying with impudence, however from their point of view it is important to know the cynicism, in order to better see the degree of hypocrisy, lies and manipulation of corrupt politicians, Good liaison. My sincere wishes, is that you in your next analysis, have better news and soon overcome the disease,

Posted On 02/10/2018

balhawk

Hi, Gui. One of the first steps is to question one's own beliefs. My aim has been actually to out-and-out RID myself of beliefs and base my perception of the truth on evidence and reason. People lie a lot just to fit in. I probably do much less than most, and catch a lot of flak, and even out-and-out ire, for such non-conformity. There are very few arenas in which reasoned, dissenting points of view are welcome. In most, such non-conformity is not even tolerated. But consideration of opposing points of view is how people GROW intellectually and philosophically. Certainly a lot of the info on this site, for example, on vaccination and sun exposure, rather gobsmacked me at first, having contradicted what I'd been led to believe. But I considered it with an open mind, and my views changed, based on the evidence and logic of it.

However, lying out of tact is understandable, and I think healthy when it's the socially intelligent thing to do. It comes down the the "truth" vs. "good" considerations discussed in the classic Zen and the Art of Motorcycle Maintenance. In fact, brutal honesty in certain social situations in conflict with social intelligence can be a sign of mental illness, but can be the basis of some great comedy. And then there's the sort of matter of lying to prevent a much greater injustice, such as if a gang of Nazzis (I find it hard to believe that was auto-corrected, speaking of beliefs, hence the misspelling) asks the whereabouts of someone on their hate list known to you.

Posted On 02/10/2018

Almond

I must be guilty of something. I have naturally curly hair and if it is not tied down or escapes, I am pushing it out of my face. My husband will not contract with anyone until I meet them. I seem to have a built-in BS detector. There is something I detect in the energy field of a person who is not trust worthy. I can feel some stuff, like anger and negativity, too, just from being in proximity to a person even before they speak.

I think most people have this ability, but it is being bred out of the population as are many other survival instincts. It is not something people are trained to listen to when they are young. Each species in nature has some means of protection--whether to run way, camouflage their colors, withdraw into a hard shell, etc. Women may not equal men in strength, but they often have good intuition. If we learn to listen to these feelings it helps keep us safe. You start with the initial impression and look for evidence to support it.

Posted On 02/10/2018

CourageousLion

A PRE COG lives among us! Maybe you should get a job with the pre crime unit in your local jurisdiction.

Posted On 02/10/2018

sage55

I have often wondered how some of my friends have gotten into certain situations where a 'gut reaction' should have sent them running in the opposite direction. Gut reaction is about as honest as you can get with yourself on how to decipher situations. When the articles came out on this site a couple years ago about the stomach being our 2nd brain, it totally made sense. If we ignore our gut reaction and start thinking about an outcome we might wish for, that can waste a lot of time, headaches and heartache.

Congratulations on the teamwork with your husband. We are each others BS detectors backup in our family. But sometimes I must admit, when listening to a story from a friend or acquaintance, if its an entertaining tale I will take it with a grain of salt and marvel at their creativity. The worst lying is when someone cries ' wolf '.

Posted On 02/10/2018

truthwillprevail

Right on. People who can sense and feel subtle energies (and make sense out of the info coming in) cannot be fooled because the energy behind the person's intentions (whether positive or negative) is what it is. It cannot be manipulated by the person to appear to be something it is not. Someone's energy introduces themselves before they even utter a word. You have a gift!

Posted On 02/10/2018

Bigfletch

The bottom line on this subject, is that all humans are creative by nature, and until they are in tune with natural laws, in a sense they are living a lie. People are waking up to greater realities " en masse", but most are not at the stage to let go of past interpretations of such "realities" (which are actually beliefs). This is why people are becoming more sceptical of leaders. The " hierarchy" have always lived the lie (that they are somehow superior to their fellows), but the crowd is becoming more aware....all predictable.

Pecking orders are integral with all groups, from beehives to human cultures...even at our cellular level . Physics and chemistry wouldnt exist without such predictability. Extreme circumstances create dominating thoughts, and the biochemistry complies (in the context of this subject...the idea that the chemistry dictates the situation is a big fat LIE lol...but that theory can also be understood to be an example of people with great talent and self discipline, who are doing the best they can with what they have got regarding researchor more accurately, are in synch with their current stage of group awareness).

To quote one of my favorite Stoics,(Epictetus)..."Reality is where you are looking from, not what you are looking at", so applying progressive logic, what is the opposite of reality? As with all awareness, experience is the only teacher. It is true that people lie their way to the truth...aka sowing and reaping....We each fake it until we make it, and until we do we keep accumulating our self created consequences. Not only are the alarm clocks becoming louder, but our ears are becoming more sensitive !!! No wonder anxiety and stress (from resistance) is increasing.

Posted On 02/10/2018

balhawk

Very true that trusting one's gut is key. It's been consistently accurate. People are conditioned out of it. Kids have a notoriously low BS tolerance, and as best I understand the concept of satori is pretty much returning to that, and to a natural and authentic way of life.

But when it comes to consideration of evidence, the greatest intellectual trap people fall into is having a belief, and fitting the evidence to support it, rather than considering the evidence without preconceptions. Countless people have been imprisoned or even executed on account of this pervasive tendency, and people continue to cling to erroneous beliefs that cause great harm, often even to themselves. Consider the belief in many health practices that cause great harm, and how profit-driven corporations perpetuate and exploit said beliefs. Therefore, I've learned to trust intuition in situations, and evidence in analysis, without overplaying hunches that might be based on erroneous preconceptions or beliefs. Ah, if life were only so simple. But then it would be rather boring!

Posted On 02/10/2018

genaann64

I learned with my second husband to listen carefully to what people tell me and then watch for contradictions in later conversations. When someone consistently contradicts what they have told you before, you can be pretty well assured they are a liar and then be very careful with what you believe from them in the future. Until Dexter I had not been aware there are so many people who will lie when the truth would serve them better. I used to think maybe I had not been paying close enough attention or had heard wrong. Now I pay closer attention, and make an effort to remember what people tell me. And I have tried to show some of my friends who are as gullible as I was how to spot liars as well. I try not to lie, since you have to do a whole lot of mental work to cover your lies and I'm just too spontaneous to cover my lies and so I just have come to the realization the truth is a whole lot easier to live with. I did have a counselor tell me once that she had been observing me for months and that she had found I was honest 99.99% of the time, the only times she had ever seen me not tell the truth was when someone would ask how I was doing and I would say "fine," when I was obviously not feeling that great.

Posted On 02/07/2018

Guillermou

Hi genaann. The lie always listens to the personal interest, but the contradictions always surround the lie. It is often said that a liar is detected earlier than a lame man. You can perfectly excuse the small lies that are made for the benefit of the people we love, although we should always look for solutions so that people embrace the truth.

Posted On 02/10/2018

stanleybecker

genaann - these questions that ask "how do you feel?" are merely social courtesies that have no indication of "actual concern" - merely a form of greeting - often when asked this question I reply with "I'm feeling terrible" - I notice an immediate look of insecurity on the recipients facial expression indicating "you weren't suppose to use my courtesy as an expression of my concern about you" - this is an example of socially conditioned lying

Posted On 02/10/2018

Jennycat24

I know what you mean genaann64, having been in a similar position. I've always said about lying that in order to lie well someone must have complete lack of moral fibre (not one of my failings so far - though I have plenty of others!) and a perfect memory (I don't have that either!!) - so I tell people cheerfully that I tell the truth at all times as it is easier and simpler (that makes them think). The only time I don't tell the truth is when I just keep quiet in order not to offend people....

As I have been ill for decades and have often been caught on the horns of a dilemma not wanting to lie and say I was fine when people greeted me and asked how I was, yet knowing they didn't want to hear the truth, it took me ages to come up with this solution to my desire to always be truthful and yet not make others uncomfortable - I now say 'Much the same, thank you!' and it does the dual duty of telling the truth and letting them off the hook.

Posted On 02/10/2018

Randyfast

Stan: I agree with you on this. I almost added it to my above post; before I saw yours. In my strange mind...If you don't "really" want to know how I feel - don't ask! When I ask someone how they are doing; I'm actually looking for an honest answer. In the age of "Political Correctness", I seldom get it! Being honest with people, is a huge character flaw of mine! ;)

Posted On 02/10/2018

Lollieme

A couple of fellows I know always reply, when asked how they are ~ "Better than I deserve."

Posted On 02/10/2018

Kithara

One of the most colorful responses that I've ever heard to the question "how are you?" was from an old chiropractor who used to respond "I'm so close to the foot of the cross that I can feel the splinters".

Posted On 02/10/2018

Epona777

I could never lie convincingly as a child, so I learned right away it was always so much easier to tell the truth. I find it hard to even tell white lies. I struggle with finding tactful, but truthful answers to things where society expects a white lie. I feel it so deeply when I am in a situation that expects a white lie and I just can't go against telling the truth. It actually feels bad to me.

Posted On 02/10/2018

sifu990

Had some (second hand) dealings with a very highly placed, powerful, person. After 10 years of interaction, she mentioned that her father had taught her the 10 year rule.. of observing before contracting/dealing. An extreme rule of thumb.. ...From an arab business culture btw. pretty sure different cultures have different attitudes towards 'lying' . Don't personally know of any that ban same. Though maybe in some religious training? like Buddhist ones that look for so called 'reality'

Posted On 02/10/2018

mar6915

I have had people tell me that conversations should be brief...that it should go "How are you?" and you are to respond "I am fine thank you." My reply to that is I don't lie why should I lie and say I am fine when the opposite always is true.. So since I don't even feel good about a so called polite response lie I turn it to the weather and say, "It is a beautiful day out." or some comment like that.

Posted On 02/10/2018

balhawk

I hear y'all. I often reflexively answer "How are you?" with something other than "good" or "fine", unless that's really how I feel. But usually put a humorous spin on it. Sort of taking the piss. I've also taken to saying "Have whatever kind of day you want", rather than the standard "Have a nice day". It can be fun to lampoon the little white lies we're expected to tell.

Posted On 02/10/2018

As.I.see.it

Hi Genaann64. I like your answer and you would catch any lie I would make. But Randyfast, no offense, would likely fail. There is a saying about not being able to tell a lie with a straight face and in poker there is the physical TELL. I could never tell a lie with a straight face, but I also learned at a very young age, that I also could not keep a straight face when confronting anyone with the truth. I suppose I should ask if you can believe that!

Stanley makes a valid post, but he might also consider responding with, "If I was doing any better, I'd be twins." Perhaps I share Randyfast's character flaw, since I also expect an answer to my question when I ask an acquaintance how they are doing. However, I would not expect such an answer from a stanger.

Posted On 02/11/2018

desertpat

I write fiction, so I printed this off for future reference. But it occurs to me that we are depending on a person feeling guilty about lying. Not everyone has that social consciousness. We all know a person who is just really good at lying and can do it with total abandon.

Posted On 02/10/2018

RaajSingha

Not lying for a few weeks might be good for health. On the contrary, for those who are congenital or habitual liars, it would be like forcing them to do something that is unnatural for them. They might develop health problems if forced not to lie for a day or two. Again, lying is something a very basic, natural and animal trait, only that some do it to the extremity or commit more serious crimes by lying.

One of my nephews learned this very early. At an age of 2 ½ when his aunt casually asked him if he loved her, he answered straight 'NO' and all hell broke loose. He saw very intense reactions from all people around like he had done something seriously wrong by telling the truth. So when this question was put again in the evening he said, 'Yes' this time, and when asked why he had said 'No' earlier, he smartly answered, "I was just joking". People learn to lie even before they learn to speak!! We all probably squalled even when we were not in any real distress, just to draw mother's attention.

www.telegraph.co.uk/news/science/science-news/3298979/Babies-not-as-in..

Posted On 02/10/2018

stanleybecker

hi Raaj - there is a disease that "liars" are known to suffer from - "the Pinocchio Syndrome" - apparently, symptoms include a huge nose - Ms. Carcinero did not include this disease in her video presentation

Posted On 02/10/2018

Guillermou

Hi Raaj. Although it is not the case of his nephew, the histrionic, are people who tend to draw the attention of others in their opinions, in their way of dressing, behave, exaggerate their feelings and lose self-control, interfering in relationships with an excess of anxiety and lack of impulse control. The histrionics pursue the praise of others and do not tolerate criticism, even if they say they do not care about the opinions of others. They are people with an emotional and affective hypersensitivity, which comes from a deep insecurity in themselves.

Posted On 02/10/2018

RaajSingha

Hi Stan, When Ms. Susan said, "...at the end of this 45 minutes you gonna be dangerous.." I got very interested (this has been one of my most favourite subjects, catching lies). At the end, however, Ms. Susan's stuff turns out to be quite tame, especially if you have read Alan Pease or his predecessor Julius Fast's 'Body Language' written in the 60's and 70's, based on the science of Kinesics. Maybe Ms. Carnicero's paid coaching classes offer some of the stuff that CIA is made of. I will say humans have evolved and become smarter at lying, since the 60's and 70's. Instead of avoiding to look into your eyes when lying, as those books said, I find people now look straight into the eyes while lying with unfailing confidence.

I think the courts still do not accept someone to be a liar just because the CIA or the Scotland Yard said, the person blinked or smiled a lot during interrogation. I am sometimes amused to see even the state's intelligence agencies finding themselves helpless when they are not able to nail a perceived convict. In desperation, the agencies even subject the person to a slew of polygraph and narco tests. Still, the courts won't accept their reports if not corroborated with solid tangible evidence.

Posted On 02/10/2018

RaajSingha

Hi Gui, There is one another very effective technique known as graphology. People may successfully lie with their body and talks but will nearly never be able to lie with the way they write. I have even used Astrology to find if the person is a congenital/ habitual liar. All else might fail but a person's chart always tells the truth, no matter how seasoned a liar he/she might be.

Posted On 02/10/2018

Guillermou

Raaj. I love graphology. I pay a lot of attention to the firm because it's like "an abridged biography". In some companies psychologists in addition to the interview pay attention to writing and signing, because it can inform the attitude towards work, the projection of the subject, his attachment to the past, depth of thoughts, sincerity, etc. The best thing is to observe the written text and the signature, since this gives us the complete personality and behavior. Some graphologists say that if you reeducate your lyrics, you reeducate your unconscious, so that if your signature and your lyrics reveal complexes, insecurities, fears, limiting beliefs, changing the calligraphy changes the personality

Posted On 02/10/2018

CourageousLion

Guillermou....where is your office? Can I come in for an appointment? I just need to know you are properly licensed for your consultations.

Posted On 02/10/2018

doubly.blessed

RaajS, I have taken classes on graphology and am a firm believer in it. It's your brain that does the writing. I was lucky to have two well-known teachers take me under their wing. So, am a believer in the 'write so that I may know you' idea. While studying graphology I became interested in the psychopathic personality and below is some fyi info that I had in my files. It's from The New Yorker and the article is called: Suffering Souls/Search for roots of psychopathy. by John Seabrook November 10, 2008 Dr. Kent Kiehl uses MRI technology to scan prison inmates for signs of psychopathy in hope of discovering a treatment.

Psychopaths are known liars and are as old as Cain, & believed to exist in all cultures, although more prevalent in individualistic societies in West. The Yupik Eskimos use term kunlangeta to describe man who repeatedly lies, cheats, steals, & takes sexual advantage of women, according to 1976 study by Jane Murphy, an anthropologist at Harvard. She asked Eskimo what group would typically do with kunlangeta, & he replied, "Somebody would have pushed him off the ice when nobody else was looking." "Psychopaths invest energy in creating & maintaining façade that facilitates their careers," said Hare. "During hiring process they convince decision makers of their unique talents & abilities - albeit based upon lies & distortion. My take: The talk was interesting but below is my thinking.

A psychopath can look you straight in the eye and play you. Think Ted Bundy. He received glowing letters of recommendation from a psychology professor at University of Washington where he was an undergraduate. He worked for Republican governor of Washington, Dan Evans, and had the looks, charm and verbal skills that made him an effective predator hence convinced many people (obviously ones he murdered) that he was innocent of all the murders up until his murder conviction. He was sentenced to death in 1979 and executed in Florida in 1989. Shalom from CA

Posted On 02/10/2018

balhawk

I expect analysis of my handwriting would indicate that I'm often in a hurry.

Posted On 02/10/2018

wordtothewisest

We live in immoral and unethical times; politicians, corporations, and even our most trusted religious leaders are committing crimes on a daily basis, lying about them, and in some cases, even getting away with murder. It will never be enough just to be able to spot someone telling a lie. We need to become more ethical as individuals and as a society. Our personal integrity has become compromised by our desire for rabid monetary gain and self-indulgent pleasures. Money, sex, and power are not the solutions to our frail and fragile planet. Honesty is needed to save our world. Honestly is not only the best policy, but it is also our only hope for the future!

Posted On 02/10/2018

Guillermou

Hi wordtothewisest. Yes. Behaviors full of selfishness, corruption, violence and indifference to others are present in today's society. The human being has become dehumanized, becoming a machine prey to daily stress and aupado by technology leaving aside a coexistence of ethical values with their peers. The learning and the taste for education, culture, respect for others and the satisfaction of sacrifices rewarded with success disappear. The cynicism supposes a behavior much more serious than the own lie and much more harmful socially, because it has evolved to become a political instrument of daily use and of a high profitability for governors and corporations of the power. Citizens must be aware of the degree of cynicism, hypocrisy or deception of political discourses and instruments of power, which seek to perpetuate false beliefs that dehumanize and destroy society.

Posted On 02/10/2018

alexsemen

I really agree with you.... but try to tell the truthyou will see the reaction from the people and state institutions and "authorities" they will consider you at least insane..... Many years ago I've convinced a journalist to write the truth as I've told him.about some events being a witness and knowing more than CIA./NSA together what was all about. The result was that I've destroyed the career of that man (not me, but all his colleagues from the presstitute media!) but what I've said by then 27 years later now, it is a common well known truth. 27 years earlier all specialists as the person promoted in this article decided that I was a only confabulation liar or at least a simpleton lunatic. NB! I can not agree more than 1,5% about the ways to search the liar, methods perpetrated by this woman.

Posted On 02/10/2018

CourageousLion

Mankind has been living in immoral and unethical times since man has been on earth. And civilization has been run by psychopaths since the beginning also. We need to work and removing ourselves from the foolish belief in government where the average Joe working class person keeps wanting to place his belief in "leaders" . Especially the kind we are subject to these days. It's surely is one big huge mess we live in.

Posted On 02/10/2018

Kithara

Indeed, lying has become institutionalized in our society. Entire organizations, known as 'think tanks', have been formed to do nothing more than to propagate a lie.

Posted On 02/10/2018

Horsea

Grooming gestures a sign of an attempt to quell anxiety (which may be a sign of lying)? How about the person being interrogated (I mean anyone, not just the victim of a false arrest) being in a state of anxiety because they are being asked questions that are none of the interrogator's business, or because the question invokes some unpleasant old memory? I do clear my throat, etc. when someone who is hostile is asking me dumb questions, not because I am lying (or trying to) but because being around nosy folks does indeed induce nervousness and irritation in me. There are folks in this world who just love messing with other people's feelings, watching them squirm, etc. I learned this too late in life. Also, when you are stuck living in a society with a low level of social trust (the logical result of government enforced multiculturalism), you have to learn to lie to stay alive and protect your interests. We are not living in monocultural villages of hundreds of years ago.

Posted On 02/10/2018

JessicaBy

3 and 4 year olds are often punished for telling the truth. A parent would be wise to thank a child for being truthful, no matter the crime. Many kids grow up feeling they have to tell a lie to avoid punishment.

Posted On 02/10/2018

wearewell

And then you have this k r a p: (June, 2015)...www.telegraph.co.uk/news/science/science-news/11686624/Lying-children-..

Posted On 02/11/2018

19beets

I realize this person has a lifetime of experience in the area of trying to tune in to clues to a liar, but I have a great deal of trouble buying a lot of this. We are all individuals, and, as one part pointed out, different cultures display physical movement in unique ways. When I was just out of college and started teaching sixth grade, I recall a Vietnamese student who could not say no to a teacher even if that was the answer! I also learned not to pat him on the head because that was an insult. In my own personal case, when I sit and cross my legs, I constantly bounce the free one. I hope to God I'm never brought in to an interrogation where I have to sit!

Posted On 02/10/2018

gardenson

The truth will set you free! You never have to 'remember' what you said if only the truth is spoken. It's sometimes hard to be truthful, especially if you know there may be a consequence with it, but it is far better than living with the knowledge that you told an untruth and wondering if you will be found out!

Posted On 02/10/2018

Jack in Nashville

Susan Carnicero - CIA. Hmmmm. It is the job of the CIA to ferret out liars outside of our country with few U.S. Constitutional limitations. So, she was being paid to place an American angle on our version of the truth. And, she was working for the CIA during a very tumultuous time in our history. So, the question is this; is she one of the CIA employees who took her job seriously as that of protecting the interests of her country? And, why release this video now? These methods are not secrets that she has sworn NOT to reveal to the public. It is so easy to use and abuse these psychological techniques. So, the main question is this: what version of the truth is she revealing here and what is her real motive for doing so?

Posted On 02/10/2018

Bigfletch

Great information. Next time I lie, I'll know exactly how to camouflage it lol. It is even more subtle when you are interacting with those who believe what they are saying. This is where empathy comes into play. Beliefs, by definition, are group perceptions. What I find to be an interesting trend with some US citizens, is that someone who presents a different pov, is often described as a liar. In that case, Dr M could have replaced Jim Carey in that famous movie.....

Posted On 02/09/2018

Guillermou

Hi Bigfletch. Misinformation is a very contagious virus, very present in our society, which is based on the lack of ethical principles and the dominant personal and collective interest. The different points of view that are based on disinformation must be managed through dialogue, trying to convince with the evidence or scientific method. The person who transmits a different point of view with coherent reasoning, if treated as a liar, is because of the intolerance, lack of empathy, inferiority, and / or personal interest of the person who listens to him

Posted On 02/10/2018

stanleybecker

hi Fletch - maybe the person with a different "Point Of View" [POV] "is" a LIAR!! - ha ha

Posted On 02/10/2018

leelee1010

No Fletch! Leave your shirt off. You look and sound great! I love your wisdom, the good humour you share it with and your great example of fearlessness and freedom in being who you are.

Posted On 02/10/2018

Bigfletch

This site is about the potential quality of life. Im 67 and believe sometimes a picture speaks a thousand words.....and of course, you should get a haircut lol.

Posted On 02/10/2018

Bigfletch

Thanks lee lee..Only ever one response to such comments " It takes one to know one" Cheers

Posted On 02/10/2018

4Hand Healthy

I don't believe that the average person lies 10 times a day. Where did that particular statistic come from?

Posted On 02/10/2018

God_made_not_man_made

4hand, it appears to be coming from a lie. CIA is taught to lie, also they are taught to be deceiving to throw people off, I believe she's full of it.

Posted On 02/10/2018

Erena5

If you are lying, you can't remember everything you've said....so "honesty is the best policy". And, people who have selfrespect don't lie. However, not everybody deserves the truth... How about that. BTW I like what OTIS said about Being Cynical... it holds the truth

Posted On 02/12/2018

turkthagoras

Darzoum.....perhaps the term that applies to politicians is "sociopath" ?

Posted On 02/10/2018

healthnutmom

This is why I cant even watch the news anymore. The interviewer asks a simple, straightforward, yes or no question - "Did you have a secret, private server in the basement of your home?" Instead of "yes I did" or "no I didnt," you get a 16 minutes dissertation of gobbledygook and nonsense. "Okay, but did you, or did you not have a private server in your basement???" "Let me be clear, once upon a time, long, long ago, there was....."

Posted On 02/10/2018

davidle

I don't believe the statement that an average person lies 10 times a day. That person had rather climb a tree and tell a lie than stay on the ground and tell the truth. Beware the liar because if they lie, they may steal or other things as well.

Posted On 02/10/2018

johnthebaptist2nd

I'm going on being on this planet for 66 yrs. A number of decades ago i was involved in the criminal behavior of grifting. Became quite accomplished . Easy and fun \$\$\$. I do not engage in such any longer, but was taken aback in reading this article ,for all of it was known by myself and my then associates decades ago in the practice and execution of our then trade. The number of souls subject to , and practicing, lies and greed assured us of there always being a harvest to reap.

Posted On 02/10/2018

breathoflife

First lie is always to ourself

Posted On 02/10/2018

BiomedMom1

I was described as "shy" as a child but that wasn't it really ... I was quiet, yes, but it was because I was so intent on taking everything in around me. I learned to read people at a very young age by just watching. Today, I can spot a lie almost instantaneously. It's a skill that can come in quite handy.

Posted On 02/10/2018

Jennycat24

Very good article, thank you Dr M. This part "Grooming gestures: Straightening a tie or other piece of clothing, fixing hair, adjusting glasses or fiddling with shirt cuffs can be subconscious ways that people try to quell their anxiety and are often a sign of a lie. Clearing of the throat or swallowing prior to answering are also considered indicators of deceptiveness. " reminds me of the old joke - when can you tell if a politician is telling the truth? If he touches his hair he's telling the truth. If he adjusts his tie, he's telling the truth. If he shoots his cuffs, he's telling the truth. If he looks round the room he's telling the truth ... but if he opens his mouth...!!!!

Posted On 02/10/2018

stanleybecker

au contraire Jenny - politicians are incapable of telling the truth - truth is an anti political act

Posted On 02/10/2018

Guillermou

Hopefully when politicians open their mouths, they will be accompanied by other gestures that reveal your cynicism and your lies, although the advisors will have them very well informed.

Posted On 02/10/2018

Jennycat24

OK, now I'm embarrassed - the point of the joke was that if a politician is speaking they are lying! (There are a couple of good ones who don't usually lie, but as for the rest of them, I am revolted by their incessant lies).

Posted On 02/10/2018

Guillermou

Hi Jennycat24. Excuse me, I mean the politicians. I have rectified my post. A big hug

Posted On 02/10/2018

grulla

"... but if he opens his mouth...!!!!" Vote third party. That is, an ideological third party, whose party platform and ideology are one and the same, and you know where they stand. Then MAYBE you'll stand a chance at getting honest government with integrity. And kudos to U.S. KY Sen Rand Paul this past week for standing up to his senate colleagues for too much government spending, even some of who supposedly propose financial austerity at a time when we have a \$20 trillion U.S. national debt.

<https://www.lp.org/platform/> en.wikipedia.org/.../List_of_libertarian_political_parties

<https://ialp.liberty.me/> [could-rand-paul-inspire-the-uk-government/](#)

www.nationalreview.com/corner/452918/senator-paul-right-about-governme..

Posted On 02/10/2018

Try try again

I don't lie simply because I'm not smart enough to remember what I said. Well, if it's something I don't want to do--like go to a party where I don't know anyone, I will come up with an excuse not to go, but that's about it. (Or--do these pants make me look fat?...)

Posted On 02/10/2018

Guillermou

Hi Try. try again. You can think differently over time, rectify is wise and is not at odds with intelligence. The pious lies reveal a great respect and empathy for the people

Posted On 02/10/2018

stanleybecker

hi there try again - as a dedicated "people watcher" your allusion to whether "those pants make me look fat" reminds me of the various props used to disguise an enormous rear end [I see this all the time] - like a strategically positioned jersey or handbag or camouflaging rear end item that I presume the woman's fashion magazines promote as consumer items that disguise the enormity of the rear end - my take on this strategy is "it doesn't work" - ha ha

Posted On 02/10/2018

agglebert

firstly, NO ONE is ex cia...NO ONE. secondly, these behaviors DO NOT mean you are a liar. these are generalizations and that's why you NEVER talk to a cop or an "ex" cia operative without a lawyer. their job is to get you to incriminate yourself. as for pols if you ever vote for any dem or repub you're a fool to begin with.

Posted On 02/10/2018

ellivoc

I had a reply, which I am not able to respond to,. Not sure why you think me saying i don't lie is a lie. Me saying happy life, happy marriage etc is all a lie. If it wasn't , i wouldn't bother to say it. I didn't say my whole life had been happy, it hasn't i had a divorce. I said now is happy, when i wasn't i didn't lie about it, had many years of grief but no lies. So please don't presume that, because you lie, that everyone else lies also. It indicates that you have a sad life, sorry for you if that is the case, get positive and improve it.
Jennifer

Posted On 02/10/2018

ISWSWI

Anybody who has experienced a workplace for any decent amount of time should be able to spot lies or when they are being lied to. The modern day workplace is one of the most draining situations to be in. It's toxic

Posted On 02/10/2018

diospira11

Over the years, I've come to realize that the ability to detect deception is a key life skill. I wish I'd seen this information years ago; every young person should be armed with this knowledge and awareness. Thank you, Dr Mercola.

Posted On 02/10/2018

NewlandsWanderer

Dr. Harold Shipman, who murdered a great many of his elderly patients in England, was filmed answering questions on television. Someone noticed that as Shipman told a lie he blinked twice at great speed. This almost imperceptible double-blink was thought to be a sign of lying too.

Posted On 02/10/2018

ellivoc

I don't think i really have anything to lie about. Happy life, happy marriage, happy friends, no annoying boss. And it would go against my christian beliefs. I just say it as it is, that's best. Jennifer

Posted On 02/10/2018

Guillermou

Ni ellivoc. An excellent philosophy, happiness accompanies you, sure that your actions and your positive attitude towards others and life in general, have helped you maintain a state of happiness. I congratulate you because I believe that you have a healthy self-esteem and know how to wisely find good relationships and be grateful.

Posted On 02/10/2018

Norisnita

Excellent comment ellivoc. I think you know very well yourself and you are able to master different situations Excellent.Congratulation. I'm sure you are working very well on yourself. Nothing is falling from heaven. Again, congratulation and be always well!

Posted On 02/10/2018

mkhart

Now, imagine what 'Political Correctness' has done for the art of lying! We are conditioning ourselves to accept lies and deceit for the sake of feelings. It's even finding its way into our justice system, allowing excuses for everything.

Posted On 11/08/2018

Mr.AK

No one knows more about lying than the CIA – except maybe the FBI and the NSA! The recent Nunes memo event exposed it all – if you knew who to listen to, like NSA whistleblower William Binney:

www.youtube.com/watch

Posted On 02/22/2018

DZnDef

Lying boils down to a lack of respect for the person you are lying to. It is a belief that the person you are talking to is not entitled to the truth and it is an attempt to manipulate that person's behavior with a lie. You are basically saying I don't think this person will react to the truth in a manner that I would like, therefore, I will tell them a lie to cause them to react in a way that I like. This is true of all liars/manipulators.

Posted On 02/18/2018

isabelsunshine1

Regarding How to detect lies: I can see it in anybody's eyes, if he is telling a lie.-unless the liar is an actor. They learn how to train the eyes to look believable....!!!

Posted On 02/18/2018

warriormom

So glad I watched this informative video yesterday before watching today's Intel Senate hearing.

Great way to test her theory 😊

Posted On 02/13/2018

alejandra_marquez

Hello everyone, I can tell you as someone who has studied graphology for quite some time, that the only thing that doesn't lie is your handwriting. Friends are always asking me to decipher their writing and tell them about they're personality. I have to lie sometimes to not hurt their feelings. Yes Gui people can change their writing, but the personality must change first, if you try to change your writing first then you risk damaging your immune system, writing is that powerful. My signature is a.m. and it's a fast scribble like Dr. Writing cause I'm always on the go. I'm also always late and I'm known in my family as the white rabbit because of it. If you come to me for a reading I will tell you the good and keep the bad to myself:) lying by ommision.

Posted On 02/12/2018

politiciansRactors

"Nonverbal cues that a person is lying include grooming gestures, hand-to-face motions, moving feet and clearing of the throat"

I've read that many times but my hair tickles my face a lot and my eyes itch, and when I talk too much, and it doesn't take much, my vocal chords node up and I have to clear my throat.

Posted On 02/11/2018

Almond

How is it that so many people have so much to lie about? I assume it is an attempt to gain some advantage, but honesty and hard work is usually an easier path to goals.

Posted On 02/10/2018

balhawk

Anxiety is not necessarily a marker of lying. Many people are in prison or perhaps have even been murdered for crimes they did not commit because they were rightly anxious for being under suspicion for said crime. I've watched enough 24 Hours Mysteries to know to just shut up and get a lawyer.

Posted On 02/10/2018

muffinsparkles

There is little proof to the majority of the ideas behind lie detection. These types of articles result in the average person using the information to find "proof" of what they want to believe. I have a bad back. Every interview I have had of this nature results in the "expert" using my fidgeting as the "proof". I practice honesty. It just isn't in my nature to lie. They can't accept that and it can result in dogged harassment for a confession. This article is disappointing to see from Dr Mercola.

Posted On 02/10/2018

LatheofHeaven

This is excellent and helpful information. But, I STRONGLY feel (oops, am I lying... :) that people need to be VERY careful with this. Like you mentioned, if you are buying a car, investing, or otherwise dealing with a less 'personal' situation, then yes, these can be most helpful. BUT... in just thinking of myself, I see that the way I 'NORMALLY' am in interacting with people (and FWIW I DO try to be honest at all times as this is in harmony with my personal beliefs) I see a LOT of my 'natural' behaviour listed here as signs of being deceptive, and that kind of scares me. By nature, I am very much inclined to 'over-explain' or 'try to be convincing' when trying to convey my viewpoint to others or if I really want them to understand something. By these guidelines here, I would almost assuredly be thought to be 'lying'.

I think that mainly with PERSONAL interactions where it is a family member or a close friend, a basic 'baseline' needs to be taken into consideration as to what we already know about the individual person BEFORE blindly applying all of these guidelines mentioned here. All I have to say is God help me if the police or authorities of ANY kind interrogate me, because according to a lot of things mentioned here, I will likely be put away for good!

Posted On 02/10/2018

pas2040

I find this article refreshing as per Dr Mercola we also find that lying is bad for your health.

Posted On 02/10/2018

ccgabe

Great information since lying is the new norm.

Posted On 02/10/2018

seekandfind

I disagree with so much of this article that I had to post.

1) I lie maybe 10 times a year, so I guess I am not average

2) I am a bit of a right fighter, or a defensive point maker. I will say STRONGLY I didn't lie. I never said that! I didn't do that! I am not that kind of person! I swear on a stack of bibles! I wouldn't do that!

and NO, NO. NO I AM NOT LYING...I am defending myself.

This scares me since these are normal practices for me and others could perceive the polar opposite when I was telling the truth, the whole truth, the entire time.

Posted On 02/10/2018

curious22

This article is pretty eye opening for me but also pretty unsettling. I think I sometimes exhibit signs of lying when I am telling the truth and wonder if that explains some difficulties I have encountered in communications. Or I look like I am hiding something. I know I get furious (But don't say anything) if someone questions my honesty and I am sure it shows-rather than just answering the question or request. Even have had the "perception" remark come up in performance reviews even though my work was excellent. On the other hand I seem to have a good bs radar detection on other people

Posted On 02/10/2018

acesandeights

A good presentation subject wise...poorly executed! There was no viewing the overhead and lost conversation with the audience; lack of mics for the audience for feedback.

Posted On 02/10/2018

breathoflife

Once i got big enough to hold my own, i became brutally honest, it gave satisfaction (and a lot of pink slips) Everyone lies, like she said. i weed through the trash and cherish the few true seeds.

Posted On 02/10/2018

stanleybecker

I watched Susan Carnicero in the featured video - while she covered many aspects of psychically revealing behaviors - I felt that the context of her interrogation in the Corporate investigation that she used as an example of her interrogating process, was slanted towards sleuthing out the sense of anxiety and unconscious gesturing that surrounded their personal knowledge of previous acts - this revealed "guilt" or "lack of guilt" - all the various subterfuges and omissions are accumulated and judged from a quantity or quality perspective - this is all very well - but as I see it this process misses the Biggest Liars of all - the Lies that are planned in advance in order to enhance sales of the Corporations products - these are "instrumental lies" - these are lies that predatory entities employ to successfully "part a fool from his money" - by making false claims that increase the bottom line the liar has enhanced his/her value to the Corporation - or in the case of Arch Liar Bill Gates every successful lie makes him another billion dollars - Orwell went further with his Ministry of Truth which illustrated the effectiveness of propaganda as being more effective than offering the citizenry a social analysis that would convince them of their SLAVERY - people are aware that financial rewards validate lies as being more productive than the truth in the field of Consumerism - for example, if people reminded themselves before making a purchase that "I don't really need this product" or "I could easily live without this product" most sales would NOT take place - here you have the main problem with lies - people convince themselves that they believe in the lies that will bring the reward that they feel they deserve - "if it is good for me, it must be true" - here you have the lie that the obese person feels when faced with their next choice of dessert - I suppose that my reservations about Susan's presentation is that it claims to be a repeatable form of Behavioral Science

Posted On 02/10/2018

healthfreedomfighter

The CIA is in the business of lying and have been so good at it for so long that they managed to accomplish many goals for multinational corporations. The biggest being the stealing of land from people in third world countries, which cascaded into lack of nutrition, and crowding them into cities. Then purposeful lack of sanitation and mixing of waste water with drinking water helped destroy immune systems, with help from lack of nutrition, of course. They a huge lie came in, stating that diseases such as AIDS were caused by a virus instead of those created conditions. But it didn't stop there. A drug had to come along to possibly help cure the "unlucky victims" - AZT. But it actually kills them. If a CIA agent questioned me and I wanted to lie I would absolutely have no trouble doing so.

Posted On 02/10/2018

Mr.AK

No one lies more than the CIA, except maybe the FBI and the NSA. Take it from William Binney, NSA whistleblower:

www.youtube.com/watch

Posted On 02/22/2018

Marminkia

I just sence it..Even more over the phone... 😊

Posted On 02/10/2018

grulla

CIA? Cloak 'n dagger? Spooks? Liars? I suppose it takes one to know one. "...pants on fire"

evan-brandt.blogspot.com/.../the-bad-guy.html gallerycartoon.blogspot.com/2012/04/boris-badenov-cartoon-pictures.htm..

popculturetonight.com/the-x-files-star-william-b-davis-talks-with-patr.. "The truth is out there???"

Posted On 02/10/2018
